

Fresh Fruit and Vegetable Program

PRODUCE NEWSLETTER



DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

Food & Nutrition Services



Celery

Celery are good for you because: they are a low calorie, fat free food that is high in fiber and a good source of vitamin A and vitamin C, which keeps our immune system strong and helps wounds heal!

Farm to School ~

Celery is commonly known as a cleansing food and was mainly grown to harvest during winter months to combat a winter based diet of salted meats and canned vegetables. By the 19th century, the season for celery was extended so people could enjoy the vegetable year round.

Selection and Storage ~

Choose celery that have stocks that are straight and rigid with fresh leaves. Avoid woody or limp stalks. Celery should smell fresh, not musty. Refrigerate celery in a plastic bag for one week or more.

Origin ~ Where did it come from?

Celery was first began to being farmed over 3000 years ago in parts of Europe and along the Mediterranean sea. Celery was even used as a medicinal plant in ancient Egypt.

Fun Facts



Celery is harvested for all different parts: the stalks are consumed as a snack or for soups/casseroles, the leaves are used for salad greens, and the seeds are used in dishes for spices. Celery seed oil is considered an essential oil and is used for perfumes.



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CELERY
LEAVES
SPICE

CLEANSE
PERFUME
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SEED
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CELERY COLORING



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